

Fresh, Healthy, Good Food  
Every Day!



this institution is an equal opportunity provider

November 2017 Gluten,Dairy,Egg & Soy Free

Week 5	Monday, October 30, 2017	Tuesday, October 31, 2017	Wednesday, November 1, 2017	Thursday, November 2, 2017	Friday, November 3, 2017
			<b>Chicken Sukkhar</b> Brown Rice Steamed Corn CKC's Special Pineapple Fruit Mix	<b>CKC Chicken Stew</b> Brown Rice Fresh Carrots & Broccoli Fresh Seasonal Apple	<b>Spice Rubbed Chicken Fillet</b> Herb Brown Rice Fresh Broccoli & Grape Tomatoes Chilled Pears
Week 6	Monday, November 6, 2017	Tuesday, November 7, 2017	Wednesday, November 8, 2017	Thursday, November 9, 2017	Friday, November 10, 2017
	<b>Seasoned Beef &amp; Potato</b> Steamed Herb Brown Rice Fresh Carrots & Broccoli Chilled Peaches	<b>Chicken Supreme</b> Fragrant Brown Rice Fresh Broccoli & Grape Tomatoes Banana	<b>Yummy Beef &amp; Scallion</b> Serve Over Steamed Brown Rice Fresh Carrots & Broccoli CKC's Special Pineapple Fruit Mix	<b>Chicken Sukkhar</b> Brown Rice Steamed Corn Fresh Seasonal Apple	<b>CKC Chicken Stew</b> Brown Rice Fresh Carrots & Broccoli Chilled Pears
Week 1	Monday, November 13, 2017	Tuesday, November 14, 2017	Wednesday, November 15, 2017	Thursday, November 16, 2017	Friday, November 17, 2017
	<b>Spice Rubbed Chicken Fillet</b> Herb Brown Rice Fresh Broccoli & Grape Tomatoes Chilled Peaches	<b>Seasoned Beef &amp; Potato</b> Steamed Herb Brown Rice Fresh Carrots & Broccoli Banana	<b>Chicken Supreme</b> Fragrant Brown Rice Fresh Broccoli & Grape Tomatoes Fresh Seasonal Apple	<b>Yummy Beef &amp; Scallion</b> Serve Over Steamed Brown Rice Fresh Carrots & Broccoli Banana	<b>Chicken Sukkhar</b> Brown Rice Steamed Corn Applesauce Cup
Week 2	Monday, November 20, 2017	Tuesday, November 21, 2017	Wednesday, November 22, 2017	Thursday, November 23, 2017	Friday, November 24, 2017
	<b>CKC Chicken Stew</b> Brown Rice Fresh Carrots & Broccoli Chilled Peaches	<b>Spice Rubbed Chicken Fillet</b> Herb Brown Rice Fresh Broccoli & Grape Tomatoes Banana	<b>Seasoned Beef &amp; Potato</b> Steamed Herb Brown Rice Fresh Carrots & Broccoli Fresh Seasonal Apple	<b>Chicken Supreme</b> Fragrant Brown Rice Fresh Broccoli & Grape Tomatoes Banana	<b>Yummy Beef &amp; Scallion</b> Serve Over Steamed Brown Rice Fresh Carrots & Broccoli Applesauce Cup
Week 3	Monday, November 27, 2017	Tuesday, November 28, 2017	Wednesday, November 29, 2017	Thursday, November 30, 2017	Friday, December 1, 2017
	<b>Chicken Sukkhar</b> Brown Rice Steamed Corn Chilled Peaches	<b>CKC Chicken Stew</b> Brown Rice Fresh Carrots & Broccoli Banana	<b>Spice Rubbed Chicken Fillet</b> Herb Brown Rice Fresh Broccoli & Grape Tomatoes CKC's Special Pineapple Fruit Mix	<b>Seasoned Beef &amp; Potato</b> Steamed Herb Brown Rice Fresh Carrots & Broccoli Banana	

Menu is subject to infrequent change

Questions? Call 651-453-1136 or visit our website at [www.ckcgoodfood.com](http://www.ckcgoodfood.com)

Skim & 1% Milk choices offered daily